convention as upward and downward transitions are typically of equal time. Note that for convenience, FIGURE 5 depicts activation every 3-4 steps. Referring for a moment to FIGURE 4, depending on Setting Selector settings, column 401, each individual indicator of FIGURE 5 is illuminated for a period of time consistent with Timing Generator Output, column 403, ranging between 0.19 seconds and 0.55 seconds, representing 0.17 Hertz and 0.06 Hertz respectively. In this way, a complete cycle of the visual display occurs in the specified period.

Amendments to the Claims:

Please replace claim # 13 with the following amended claim. Changes in the amended claim are underlined for clarity.

(Original Claim 13) The method of claim 1 comprising the programmability of differing frequencies centered around .085 Hertz.

(Amended Claim 13) The method of claim 1 comprising the programmability of differing frequencies on either side of the reference frequency of 0.085 Hertz.

Please replace claim # 14 with the following amended claim. Changes in the amended claim are underlined for clarity.

(Original Claim 14) The system of claim 1 comprising the programmability of differing frequencies centered around 0.085 Hertz.

(Amended Claim 14) The system of claim 1 comprising the programmability of differing frequencies on either side of the reference frequency of 0.085 Hertz.

All other claims remain as is.